

The Impacts of Pandemic Lockdown and Physical Activity on Emotional and Physical Well-being

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ABSTRACT

The purpose of this study was to explore the emotional and physical well-being of individuals during the pandemic lockdown (March-July, 2020). Six hundred adult males and females (M=105, F=256, Undeclared=239) were recruited to complete an anonymous online survey between September 2020 and April 2021. The results showed that the frequency of physical activities was increased and the levels of positive emotions after exercise were higher during the pandemic.

BACKGROUND

In March of 2020, many countries went into lockdown due to the Covid-19 pandemic. Many people struggled on an emotional and physical level due to the pandemic. Many people turned to exercise as a way to cope with their feelings and get through this troubled time.

PROBLEM DESCRIPTION

The lockdown during the COVID-19 pandemic is a new event in the recent century and no study has investigated the mental and physical well-being of individuals during the pandemic lockdown.

PURPOSE

The purpose of this study was to explore the emotional and Physical well-being of individuals during the pandemic lockdown.

ACKNOWLEDGEMENT

METHODS

SUBJECTS

- Six hundred males and females (M=105, F=256, Undeclared=239)
- Anonymous online survey
- Age ≥ 18
- Living in the United States during March-July 2020

TESTING

- Participants were asked to take a survey on the Qualtrics survey platform
- Questions asked included
 - The type of exercises they performed before and during the Covid-19 pandemic (March-July 2020)
 - How they felt overall throughout the pandemic and how they felt after exercising during the pandemic (March-July 2020)

STATISTICS

- Cronbach's alpha
- Pearson correlation
- Paired sample T-test

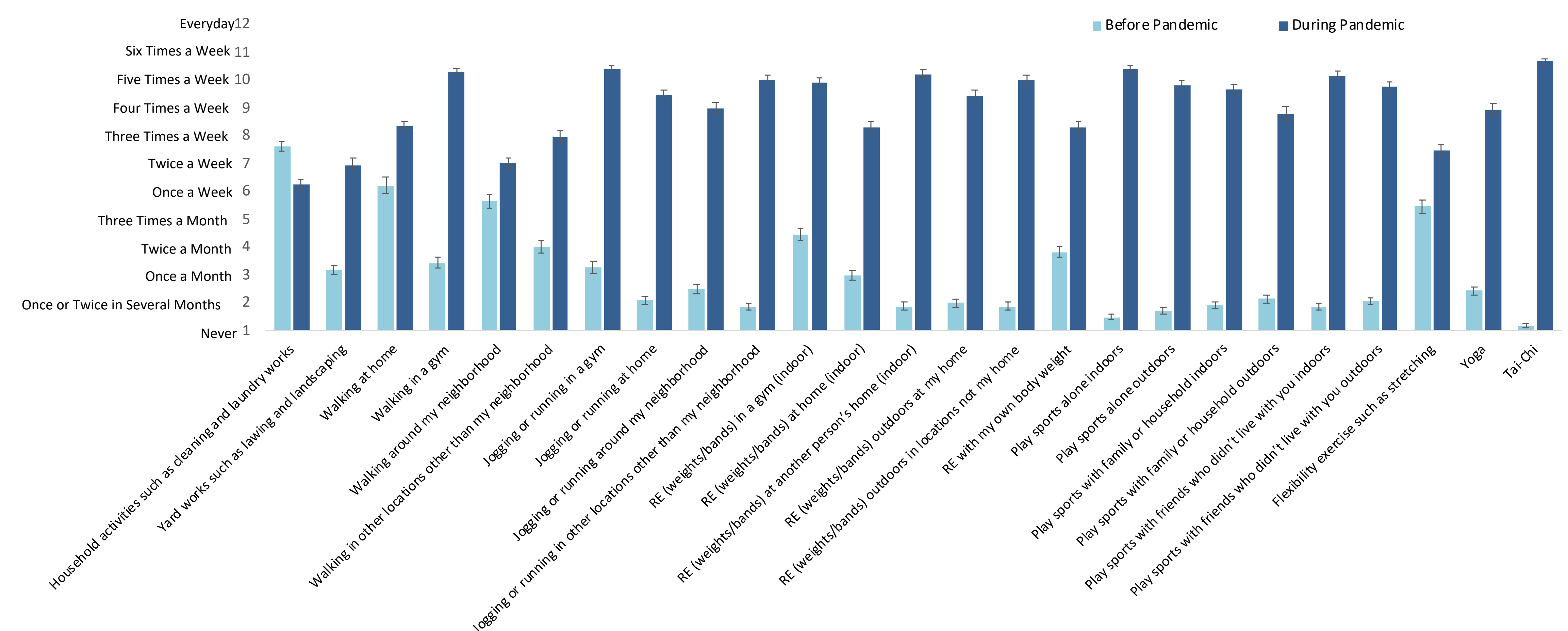
CONCLUSION

Our results showed that people exercised more and experienced higher levels of positive emotions after exercise during the lockdown than before the lockdown. Physical activity might have been used to cope with the negative feelings during the pandemic. While our study investigated the short-term effects, further studies are warranted in the future to elucidate the long-term effects of the lockdown on mental and physical well-being and how the pandemic affects the health behavior of individuals after the pandemic ends.

RESULTS

TYPE OF EXERCISE PERFORMED

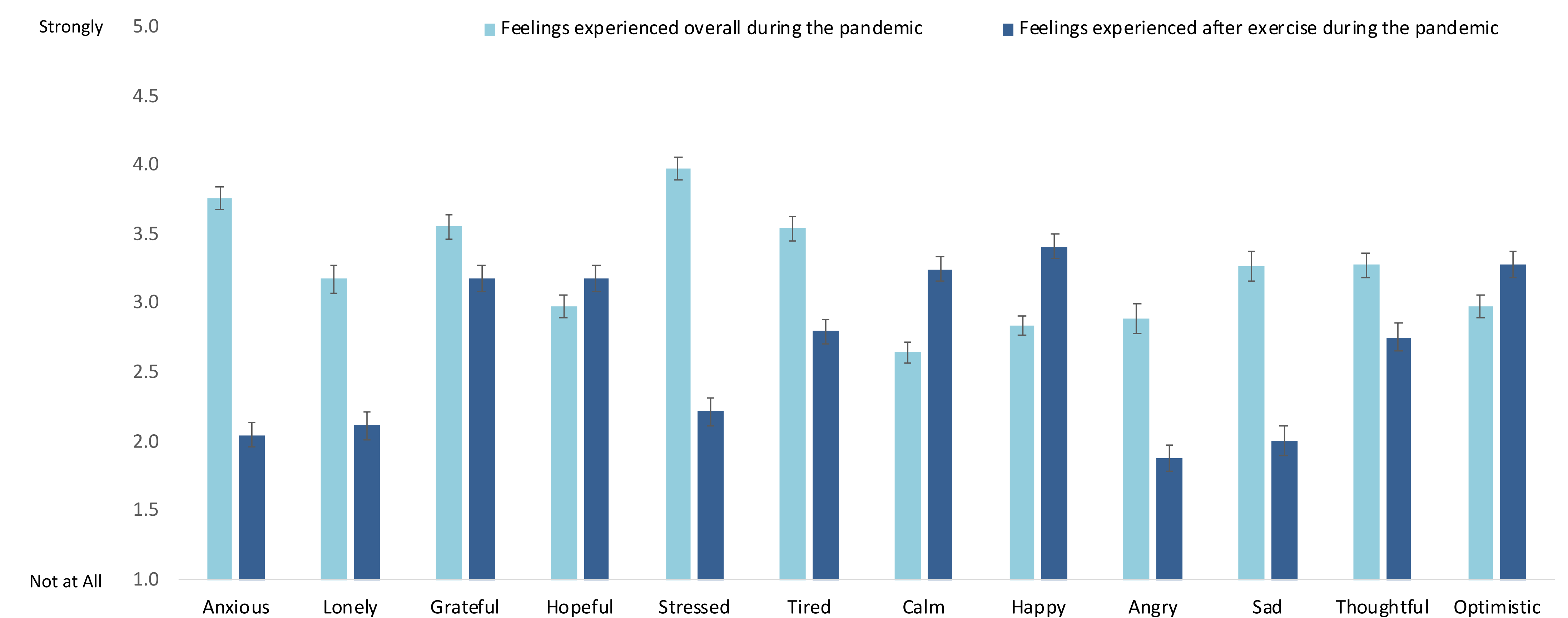
Before the pandemic (before March 2020) compared to type of exercise performed during the pandemic (during March-July 2020)



Values are Mean \pm SEM, $p < 0.001$ for all tests

FEELINGS EXPERIENCED

Overall during the pandemic compared to feelings experienced after exercise during the pandemic (during March-July 2020)



Values are Mean \pm SEM, $p < 0.05$ for all tests